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TITLE	Stretching & Flexibility: An Interactive Encyclopedia of Stretching. [CD-ROM].
ISBN	ISBN-0-968726-03
PUB DATE	2002-00-00
NOTE	0p.; Requires a 486 66MHz or faster processor; 8x CD-ROM drive; Windows 3.1/95/NT/98/ME operating system; 8 MB RAM memory; 20 MB hard disk space; SVGA video; and a Windows 16-bit soundcard.
AVAILABLE FROM	Savvy Knowledge Systems Corp., 606, 7620 Elbow S.W., Calgary, Alberta, Canada T2V 1K2 ($29.95). Tel: 403-263-6904; Tel: 800-230-5593 (Toll Free); Fax: 403-264-7224; e-mail: support@savvyknowledge.com; Web site: http://www.savvyknowledge.com.
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ABSTRACT

This CD-ROM offers 140 different stretches in full-motion video sequences. It focuses on the proper techniques for overall physical fitness, injury prevention and rehabilitation, and 23 different sports (e.g., golf, running, soccer, skiing, climbing, football, and baseball). Topics include stretching for sports; stretching awareness and education (how, why, and when to stretch); and special needs and problem muscles, which features an anatomical figure for selecting stretches in specific muscle groups. A glossary with detailed entries and over 100 fitness and anatomical terms is also provided. (SM)

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